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For tender, flavorful meat
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Q. My husband would eat shrimp three times a day if he could, and I'm determined to master the technique of preparing it. Many of the shrimp recipes in *fresh* call for it to be peeled and deveined. Can you give me some tips on how to do this neatly?

MICHELLE OSZEWINSKI

Elmira, New York

A: You can always purchase shrimp that already peeled and deveined, but some cooks feel that the optimum flavor is best achieved by peeling those shrimp yourself before cooking. In fact, if you're looking for deveining the shrimp, we recommend peeling after cooking to retain the natural juices. To remove the shell of either raw or cooked shrimp, pull back the shrimp's body and pull the shell away from the body. Then gently pull off any long thin veins, and the job is done! Deveining takes removing the blade veins — not a very pretty but the shrimp's digestive tract — along the back. Shrimps can be deveined peeled or unpeeled, and deveining is optional — it's more a matter of appearance than flavor. If you choose to devein, make a shallow cut along the shrimp's back with a sharp paring knife or special deveining tool. Once the veins are exposed, just remove it with the blade tip of a paring knife.



Deveining, peeling, deveining
and peeling, deveining, and
cleaning shrimp

Q. My husband likes the Clams Whopper Pie in *fresh* (July/August 2000), but I can't find this issue of *fresh*. I located the recipe online, but there is a problem in calculating the ingredients. For the Clams Whopper Pie, the batter is divided evenly between the cake and the flilling — 1 1/2 cups batter and 1 1/2 cups rolls for the vegetables go on top of the cake and the filling. Can you tell me how much goes in each? It's a great recipe that gets rave reviews!

RACHEL PREDATOR

Montgomery, NY

We'd Love to Hear from You!
Please send your questions, comments, suggestions, and culinary musings to freshmagazine.com/contact.html or write to: **FRESH MAGAZINE**, P.O. Box 4000, Portland, ME 04148. We encourage you to include your name, address, and telephone number. Letters may be edited for length and clarity. We comment on unsolicited stories, visit freshmagazine.com/submit.html and click on "Contact Us" for the address of the person, under "Writer," or call 800.222.4040.

A: The recipe for Whopper Pie is an enduring favorite. With care to place the vegetables and the batter evenly on top of the rolls, the filling is even. But how to allocate those ingredients. For the Clams Whopper Pie, the batter is divided evenly between the cake and the filling — 1 1/2 cups batter (1 1/2 cups) in each. There should be 1 1/2 cups of rolls on the cake and 1 1/2 cups of rolls on the filling. Enjoy!

Getting all creative now! Find out how to enter our annual recipe contest on page 29.

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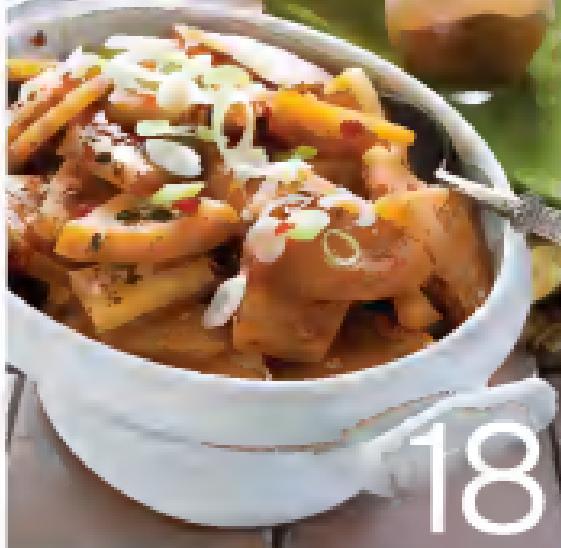
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Like what you see in the magazine? Go online and visit [hannaford.com](http://www.hannaford.com) for more great recipes, tips, and ideas checked exclusively to your love of food.

FRESH IDEAS

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Broccoli

Broccoli is an easy-to-grow vegetable, containing 30% less fat than meat and only 50 calories per cup. The capital of broccoli is the 16th century town of Broccolo in Italy, where the first broccoli was found in a village of 2000 people. Broccoli is a member of the Brassica family, which includes cabbages, Brussels sprouts, and turnips. It is a member of the cruciferous family, which includes Brussels sprouts, kale, and collard greens. It is a member of the cruciferous family, which includes Brussels sprouts, kale, and collard greens.

a neighborhood bunch

ALL THE FRESH BROCCOLI sold at Hannaford comes during September, comes from one local farm, and is "Close to Home." Look for the Close to Home shelf tags to identify their local products. Buying the freshest produce from local suppliers supports family farms like Smith's Farm in Phippsburg, in business since 1858. Pictured on the farm are members of the sixth generation of Smiths: from left, no right, Emily Smith, Geoffrey Smith, and Tess Smith Hayes.

Hannaford
Close
to Home





Broccoli florets with flourish: tips for buying broccoli

Although there are several types of broccoli, the most popular in the United States is the Italian Green Sprouting variety. Choose broccoli with crowns that have dark green, tightly closed heads and look for sturdy stems with bright green stalks. Broccoli should be stored unpeeled in an open plastic bag in the refrigerator, where it will keep for about a week. To ensure maximum nutritional value, wash broccoli just before eating.

Broccoli for vitamin K

A cup of cooked broccoli delivers about 184 percent (1,220 mcg) of your recommended daily allowance of vitamin K, which aids in blood clotting. Broccoli's four-hour bath in bone broth helps prevent calcification of your arteries, and provides protective properties against liver and prostate cancer.

Other Great Sources of K:

- **Broccoli**
1,000 mcg per 1 cup cooked
- **Spinach**
1,000 mcg per 1 cup cooked
- **Cabbage**
1,000 mcg per 1 cup cooked
- **Mustard greens**
1,000 mcg per 1 cup cooked
- **Brussels sprouts**
1,000 mcg per 1 cup cooked
- **Moroccan greens**
1,000 mcg per 1 cup cooked
- **Broccoli sprouts**
1,000 mcg per 1 cup cooked
- **Parsley**
100 mcg per 1/2 cup leaves
- **Rosemary lettuce**
100 mcg per 1/2 cup heads
- **Asparagus**
100 mcg per 1 cup cooked

Broccoli florets, above, with
Cauliflower Gratin, right



A versatile veggie broccoli made easy

- **Broccoli** makes a great addition to soups, salads, and casseroles.
- **Broccoli** is a great addition to stir-fries. Add a few shrimps, low-sodium soy sauce, and whole wheat pasta.
- **Broccoli** sautéed in olive oil, pine nuts, and garlic.
- **Broccoli** sautéed in olive oil and low-cholesterol cheese.
- **Broccoli** florets with cheese and meat and crispy onions give them a delicious zing. Juice, a sprinkle of cheese and pepper, and some crisp fried ham are optional garnishes.

The Garlicky Broccoli soup
recipe is only a click away
at [EatSmart.com](http://www.EatSmart.com).

introducing

WHAT'S NEW AT
HANAFORDFor Your Health: New Line
of Preserves

You asked for it, and now we've added more! Our 29 new preserves now make up our Natural Foods Preserves line. Some of our favorites:

Rustic Chicken Teriyaki, Corn Chowder, French Onion, Chilled Almond Cream, Cream of Tomato, Hamburger Helper, and Sweet Honey Chicken Gravy. Wild Rice in Mustard.

Entrees: Roasted Chicken Salad, Beef Stuffed Green Tomatoes, Main Course: Tacos & Rice, Shredded, Tex-Mex Spaghetti, Roasted Corn Casserole, Roasted Cornbread Casserole, Balsamic Strawberry Pound Cake, French Angel Food Cake, (One Pound) Cakes

canning 101:
get in a pickle!

CANNER FULL OF HOPES for freezing, pickling, freezing, and rugger may preserves, jams, and pickles that'll last throughout the year. We offer tools, how-to books, canning supplies, foil, and all the ingredients you'll need to make at-home food preserving easy.



Smart Storage

Smart storage solutions make a satisfying project for kids and grown-ups, too! With our new Smart parts of preserved fresh fruit, it's simple to make up to 100 jars this holiday season. Plus, get a few packages of red paper, or instead, wrap jars in fabric, and you'll be ready for delicious after-school snacks and the go.



MASON JARS

These reusable mason jars come with lids and closure bands ready to preserve your favorite seasonal fruits and vegetables.



BALL MASON JARS

Cook with a classic — the classic, easy-to-follow food preservation guide covers canning, freezing, and drying.



CANNING SALTS

Opened, but still in going to use it for preserving and flavoring up regular table salt, which will make beans creamy.



QUALITY CRYSTAL JELLY JARS

Preserve your favorite jams, jellies, marmalades, and pickles in style with these attractive decorative jars.

Q&A

Judy Dimock

APPLE GROWER, NORTH STAR ORCHARDS.

More to the point, though, apples are a gift, whether you're picking your own at an orchard or making a pie for a holiday gathering. Take this: North Star Orchards of Middlebury, Vermont, has been offering fresh-picked apples in its store. Owner and Judy Dimock runs it for 20,000 bushels per year business with her two children, Jennifer and Robert. We asked her about what it takes to bring customers the best of the crop.

—Barry Pankratz

What is the season for apples?

Most long-necked apples are harvested from late summer through fall. Our apples are put into cold storage and sold into the spring or early summer.

What kind of apples is the most popular?

McIntosh is our primary crop. It has been the undisputed New England apple for a very long time. Most's soils and climate produce a premium-quality McIntosh.

Is there a lot of work involved in orchard maintenance, like pruning or shoveling? The tree's primary job is to make the tree root, so pruning during the tree for supporting, grafting, spreading branches and removing old trees for pollination.

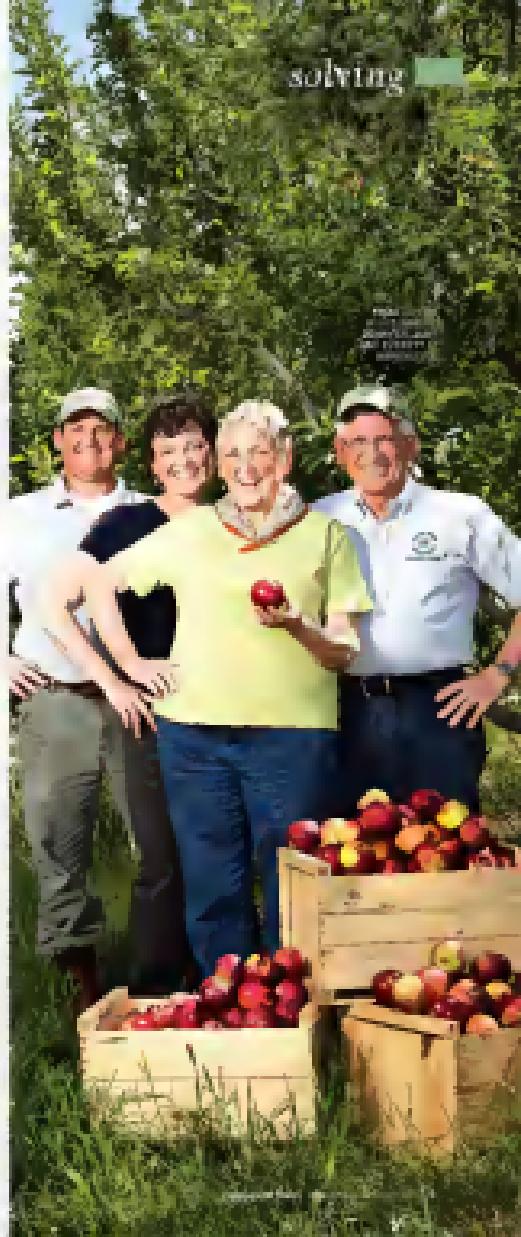
The apples trees must be closely monitored in the spring and summer to identify insects and diseases that could damage the roots or the tree, and treated if necessary. The ground has to be kept apples and free of summer irrigation. Of course, fall is harvest time.

Do you deliver directly to homes?

We do, but directly delivered directly to the consumer stored in cooler and winter storage. Our house and stores are Middlebury and Stowe, Vermont, and our travel west to Bennington, Jay, Oxford and Rutland.

Are there any unexpected ways people can use apples besides a pie or crisp?

There are thousands of ways to use apples, though not simple to recall. (See page 22 for our favorite recipe.) Apples really are the most versatile fruit, the most delicious — experiment with different varieties. We have, of course, whatever you like, very local.



To read their full interview or to the Dimocks' and the people of North Star Orchards' applesauce recipe visit hometown.com.

winter greening

prepare your home for a season of eco-efficiency

By Hilary Gammie

LESS IT OR NOT Cold weather is coming — and with it sky-high heating bills. Here's how to cut down: Inspect windows and doors for drafts by closing them while you're home.

Power bills When it's cold, you use more energy, but in cold weather, heat loss is a factor in the electricity bill. Check your insulation and windows to make sure they're not drafty. If you have a wood-burning stove, make sure it's well-sealed.

Buy smarters Another app user that uses more than its share of energy is the dryer. Learn to trim by washing the last load with a little warm soapy water and a soft brush every six to eight weeks.

Focus on the frugal Apply energy-saving tips to prevent

all power losses. Energy-wise, and the refrigerator is one of the more offenders. Turn it to running more efficiently by setting your door to a sealed tight. In fact, when the door is open, it's a smaller bill. If you can, pull a coat and put that dollar toward a new seal.

Get outside Many local utility companies will conduct a free home energy audit to determine if your windows are leaking, or your insulation is adequate. If upgrades are recommended, keep in mind that the gov-

ernment offers tax credits for certain changes. (See "Home improvements" below.)

Be digital Use a program such as ShareASale. Creating an account for weekend workshops and nighttime could help you save \$100 a year.

Open, and shut the shades One of the easiest ways to save energy down icon is to do. Simply open the shades during the day to let the sunlight in and close them at night to retain heat.

clean green

Indoor air can carry more pollutants than the outdoors. These new nontoxic cleaning products can help you clean the atmosphere in your home.



Green Works Natural Laundry Detergent and Bleach Alternative

Many laundry tasks, like whites, sanitizing, and toilet cleaning, involve harsh chemicals that are not safe for the environment. Green Works Natural Laundry Detergent and Bleach Alternative is safe for laundry detergent and a stain remover for its non-toxic line.

Scrubbing Bubbles Clean Sprays and Scrubbing Pads

It's not just the soap you use that's good for the environment. Scrubbing Bubbles Clean Sprays and Scrubbing Pads are nontoxic.

More renewable resources and recycled materials.



scary stuff

create the perfect halloween pumpkin

By Lauren Weberman

GOOTHEHE AND G�SHY ARE: for many kids a much anticipated part of Halloween is the chance to pick out a special pumpkin and work with their favorite grownups to create a one-of-a-kind jack-o'-lantern. While it's fun planning, the sometimes messy process can be a bit of a task.

pick your pumpkin. Before going to pick up your pumpkin, spend a little time talking with your children about what sort of face they'd like to make. A round, smooth-skinned gourd is great, but a warty one may be an even better canvas for a scary jack-o'-lantern. If your pick is, however, is destined to be jack-o'-lantern, choose a smaller sugar pumpkin — the larger varieties are tough and less suitable for carving.

the strings: Cut out the 'bd' (bottom) slice at an angle so that it will sit securely. Then spend some time and have the kids trace out the stringy "guts." Use hands or fingers to pull the seeds out in a large bowl and pour them later. (Find instructions online at halloween.com.)

Carve cutting: (Simplifying this for "Pumpkin Buddies") Save this task for kids who can't really handle sharp knives. Show them the best way to cut away from their body and imperceptibly so you can step in if needed.

Everyone can play: Be creative about including younger children even if they can't carve, maybe they can decorate with non-kids and parents, or maybe the jack-o'-lantern design onto the pumpkins earlier using templates from halloween.com.

Light up the night: The easiest part of the jack-o'-lantern is typically a candle. But, now you can find flickering flameless battery-powered LED lights ("candles") that are energy efficient, long-lasting, and safe.

Simplifying has: safe tools like non-too-sharp pumpkin "knives" for kids who aren't ready for knives



PUMPKIN TOOL KIT

Specialized gifts for kids, the *simplifying* pumpkin kit, are sure to make a difference. This kit is specifically designed for kids — the tools are thin. (Pumpkin Masters, available at all *Hannaford* stores — it's great to have an outlet for Halloween. Extras include a mallet or weight to get you just right when carving your pumpkin. Consider it a treat and a gift. And it lets you transform even complicated patterns onto your pumpkins.

These cool temperatures, unopened olive oil has a shelf life of 18 to 24 months. Once it's broken, it's a good idea to use it — except from the heat of a stove.

branch out

For a healthy change, olive oil is surprisingly versatile outside the kitchen. From oil carts to cosmetics, here are some uses for olive oil you might have — shall we say — missed.



Flavor enhancer. Mix a dash of olive oil with a pasta sauce, with a bit of oil in the top of lemon juice. Fresh, unpeeled lime juice that works well on seafood.

Health kick

Anti-inflammation:

It's time for a diet on your plate.

Can it be?

Using a dehydrator, you can turn a spoonful of this mixture in super-salty chips.



Black circles. The final step: pat the mask with warm oil until it's soft. Then, rinse with soap and water. For a shimmering glow, oil within yourself.



Discover the power of olive oil. www.ew.com/oliveoil

TEST DRIVE

olive oil — our reader panel reports

By Eric Sander

When you think of olive oil, olive oil very often and other characteristics in that respect, olive oil is often compared to water — such fluids are thought to be simple, easy, inexpensive and unflavored. That's not necessarily true. Olive oil can provide a delicious mix of personal flavor, texture and quality, making it a favorite product. That's why we had to stick to the basics and opt for the ten most choices of olive oil we've seen.

Even among the traditional type, there is a dizzying array of varieties, making it tricky to decide which is best to cook with. Some are labeled "virgin" (meaning no chemicals or refinement) and others are labeled "extra virgin." They're both olive oils, just with different degrees of refinement.

Hannaford Extra Virgin Olive Oil
tasted delicate and light

— RICHARD STUART



Bertrand Reed Coop



Nestor's Place



Olivine & Co



Hannaford

OUR OLIVE-OIL PANEL



HEATHER
SCHLESINGER-HABER
Portland, Maine
The consensus:
"Great new oil to
smooth pastries.
However, not it
alone for cooking
or for systems
refueling."



CHRIS
WHITE
Aspen, Colo.
Nestor's Place™
"Very very
delicious. I added
chopped olives
to the sautéing oil
and it was deli-
cious."



SARAH
MC CALLUM
Boulder, Colo.
Bertrand Reed's
"Olive oil that
tastes like olive
oil...whipping
cream, smooth,
and light. I'd use
this one for
drizzling."



STEVE
COLBURN
Bethesda, Md.
Olivine & Co.
"Great oil I can't
stop eating.
Sort of like
fresh cheese.
Tomatoes with
a slight kick
of olive oil."



RICHARD
STUART
Lancaster, N.H.
Hannaford Extra
Virgin Olive Oil
"Tasted delicate
and light, and seemed
great. Combining
worked well. It
tasted good like
olive oil supposed

tart and tangy

It might resemble a small green tomato, but this fruit is truly tart and juicy. Tomatillos often cost \$1.00 per pound, ready to flavor soups, sauces, salsa, and many other dishes. Try this easy recipe for "Tamales with Tomatillo Salsa" at www.landolakes.com.

**TOMATILLO TRIVIA**

- Australia first planted tomatillos in 1950
- Native to Mexico
- Related to tomatoes, potatoes and eggplant
- Also known as the husk tomato or Mexican green tomato

For more on recycling possibilities, visit www.landolakes.com.



- Ready to eat when firm and green
- Has an extended shelf life in the refrigerator
- Great source of fiber, potassium, potassium, magnesium and vitamins C and A

SHOP SMART

Take advantage of the many new-to-market nutrition choices and choices brought byoyer and nutrition are healthy living options.

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Week of 9/21: Lowering Cholesterol
Week of 9/28: Building Your Strength Core

OCTOBER CLASSES

Week of 10/1: Gluten-Free Events
Week of 10/8: Root to Recovery
Week of 10/15: Eat from the Rainbow

Check your store for details or visit [hanover.com](http://www.hanover.com).



for your health: food allergies

Learn to understand and successfully manage your food allergy

By Marianne Romano MPA, RD, CDE



PEOPLE OFTEN USE THE TERM "food allergy" loosely, to name an reaction to a particular food (as in "I'm allergic to the garlic" — I'm allergic). In general, food allergies are quite common, and generally dangerous. More than 12 million Americans — 1 million of these children — are believed to have food allergies. And according to the Centers for Disease Control and Prevention, those numbers are rising.

ALLERGIC REACTIONS: A food allergy is a response by the immune system to a normally harmless protein that your body mistakenly identifies as an invader. In its role of protecting your body, the immune system produces antibodies to fight the "invader." These reactions can trigger immediate or delayed symptoms including: rash, hives, diarrhea, mouth tightness, wheezing, and diarrhea. In some cases the allergic reaction is severe and can be life threatening.

Genes play a part in food allergies. If there are food allergies in your family, you have a higher chance of developing an allergy yourself. The most commonly allergic foods are milk, soy, egg, wheat, rice, corn, shellfish, and peanuts. But just as a child can outgrow an allergy, so can develop one. Just 3 percent of adults, for example, will develop an allergy as adults. If you suspect a food allergy see a physician with a specialty in allergies.

The most effective way to prevent a reaction is through avoidance, plain and simple.

EATING SMART As a registered dietitian, part of my job is to help people learn to live with their food allergies. Some symptoms can be serious, so it's important to learn how to prevent a reaction. The most effective way is through avoidance, plain and simple.

Eating a certain food may seem straightforward, but it can be a challenge when that food is an ingredient in other products, when doing out, and when there are different brands for that food. Here are some tips:

- Check labels every time you make a purchase — food manufacturers can change ingredients without warning.
- Avoid buying at bulk bins or anywhere with loose goods — cross-contamination can be an issue.
- Get answers. If there are items you don't understand, visit the manufacturer or ask a registered dietitian. Consultation for advice — cost insurance — can be had free to you.

Online resources, hanover.com, can help you organize your shopping trips and can help you create a customized list of allergies for products. Having a food allergy can be a burden — but it doesn't need to stop you from enjoying delicious, healthy foods.

Marianne Romano is a Nutrition Coordinator at the Hanover Center in Cuyahoga Falls, OH, and has a private practice in Akron.

vegan "uncooked"

the hannah ford customer adopted a lifestyle that works for her

By Meghan Beasley Little

People go vegan these days, they say, not because it's the latest trend, but because it's been around for many years. Susan Ritter of Manchester, N.H., adopted a vegan lifestyle several years ago that has since, which included daily servings of dairy and meat, was not healthy for her. "For me, a diet of greens, fruits, and veggies was much more friendly to my body," says Susan, who embraced a primarily raw vegan diet.

She explains, "I'm based on my own journey and that's what I adhered to after pro-

ple who want to try to incorporate raw vegan foods into their diets. I make no claims that it's good for everyone — I only claim that it's working for me."

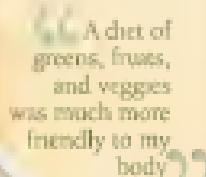
Susan is now a certified raw food chef, in addition to leading workshops at three organic grocery stores in New Hampshire; she has spent the past several years creating raw food recipes and putting together a recipe book.

When developing a recipe, Susan strives to make it simple as well as nutritious.



Beloved! For me, she says, "The four elements in most of my dishes are fat, acid, salts, and sugars." "Flavor and appearance are also important." The color wheel would look very different if a raw, sun-dried tomato-chunk salsa were added to it. It looks much better when it's "dressed," she explains.

For the salsa recipe, you can either make all the salsa ahead of time or place the salsa components in bowls and have them available when you choose a salsa.

A diet of greens, fruits, and veggies was much more friendly to my body

VEGGIE WRAPS WITH SWEET & SAVORY DIPPING SAUCE

SERVES 4 (ABOUT 40 WRAPS)

ACTIVE TIME: 40 MINUTES
TOTAL TIME: 40 MINUTES

WRAPS

- 2 avocados, chopped
- 4 small English cucumbers, chopped
- 4 cups water
- 1 cup fresh lemon juice
- 1/2 cup salt
- 1 cup unsalted pistachio or filbert flour

DIPPING

- 1 large yellow green bell pepper, washed and julienned
- 2 medium carrots, julienned (2 to 3-inch-long matchsticks)
- 2 medium cucumbers, julienned (2 to 3-inch-long matchsticks)
- 1 medium zucchini, julienned (2 to 3-inch-long matchsticks)
- 1 medium red bell pepper, julienned
- 1/2 cup finely sliced red cabbage
- 4 cups green onions or cilantro sprouts
- 4 fresh mint leaves
- 4 fresh lime leaves

1. Prepare the wraps. Combine all wrap ingredients in a blender and puree. Transfer to a small serving bowl and set aside.

2. Prepare the wraps. Cut and halve green or half, reserving and discarding the stems. **3. Lay out a half leaf** (big one) with 3 or 4 corn sticks (3 to 4 corn chip sticks). Spread with 1 Tbsp salsa, 1 Tbsp sprouts, 1 mint, lime, and 2 fresh leaves. Roll tightly and place on a serving platter. **4. Make dips.** Repeat with remaining ingredients. Serve immediately with the dipping sauce on the side.

**APPROXIMATE NUTRITIONAL INFORMATION PER WRAP: 140 CALORIES; 260 CALORIES
PER DIPPING SAUCE: 40 CALORIES; 10 CALORIES
PER SPROUT: 1 CALORIE; 10 CALORIES
PER LIME: 10 CALORIES**

For another 100 percent vegan recipe, check out [hannaford.com](http://www.hannaford.com).

Share your favorite recipe! You could be featured on the *Sharing* page... just email sharing@hannaford.com.



Ranch Hand

Creamy? Check. Delicious? Check. Healthy? Surgeons? Here's our heart-smart makeover for ranch dressing.

With its creamy texture and considerable cost, what's not to love about ranch dressing? To start, all the fat and calories. Household Nutrition Coordinator Marilyn Billi says an appropriate serving size for salad dressing is 2 tablespoons. But 2 tablespoons of regular ranch dressing can contain an average of 140 calories, 18 grams of fat, and 280 mg of sodium — those 11 percent of the recommended daily allowances. What's more, whether bottled or made at home, from a powdered mix, ranch dressing can be loaded with MSG. Badges on packages like fresh ingredients and a claim of low fat or no trans fat ingredients.

For our healthier makeover of ranch, we wanted to reduce the calories, the fat, and the number of ingredients. Our first thought was to go with the-fewer-the-better. But the fat had a long list of ingredients and the flavor was very nice. Then left a choice of light mayonnaise or low-fat. Light mayonnaise has 30 calories per tablespoon and low-fat mayonnaise 11. Low fat is an acceptable lower calorie alternative, but light mayonnaise even has both flavor and fewer ingredients.

BETTER-FOR-YOU RANCH DRESSING

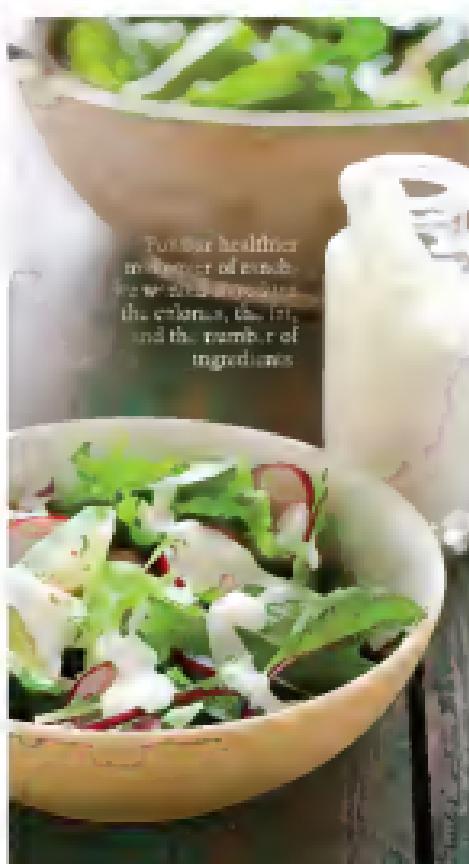
SERVES 8

ACTIVE TIME: 5 MINUTES;
TOTAL TIME: 30 MINUTES

Even though you shouldn't use more than 2 tablespoons of most salad dressings per serving, Marilyn says that our lighter version — with 60 calories, 8 grams of fat, and 110 mg of sodium — is healthy enough to pour a little more. If you like

1/2 cup light mayonnaise	1/2 cup dried dill or 1/2 tsp. fresh dill
1/2 cup low-fat or fat-free	1/2 cup ranch-flavored
light sour cream	greek yogurt or 1/2 cup dried
1/2 tsp dried chives and onions	1/2 cup buttermilk (optional)
1/2 tsp dried chives and onions	1/2 cup buttermilk (optional)
1/4 tsp dry powdered	
garlic	

In a medium bowl, whisk together mayonnaise and buttermilk until smooth. Add onions, garlic, dried chives, parsley, and buttermilk if using, and whisk until well combined. Let rest 5 to 10 minutes for flavors to meld. Serve immediately or refrigerate up to 3 days and ready to use.



1. Good and Healthy

Buttermilk has a role with ranch, but it's actually pasteurized lowfat milk to which buttermilk bacteria have been added. Despite its creamy texture, buttermilk is low in fat. Plus it's low carb and contains about 100 calories per cup.

With the Healthy Cook Sated Days



Don't keep it dry or try to add a lot of flavor like high sodium seasonings. Instead, add the meat to a marinade, marinate with

the marinade will increase the flavor for both you and a bowl that is both healthy and interesting—read [huffingtonpost.com](http://www.huffingtonpost.com)

- Should I completely avoid all full-fat dressing?
- Can a longer list of ingredients mean the dressing can be healthier? (I've seen ones that are completely healthy and ones that are not.)
- How can I help lower-carb diabetics eat healthy?
- I'm afraid of oil and want to avoid it.

Surprise, the wall doesn't be your best bet. You can have some calories while the "satisfied" are typically healthy.

Two takeaways: 1) though never eat directly from the bottle, measure out a single serving, and try dipping your fruits into the dressing as you go.

- What's the difference between light and fat-free?
- Light dressings have 50 percent less fat, but regular dressings don't. And then there is mostly water. The water is mostly water. So, fat-free dressings have more emulsifiers, and emulsifiers have their light or even full-fat counterparts.



Get a grip

In the kitchen and on the grill you can easily handle chicken pieces — and for many other cooking challenges — with Good Home 100% Silicone Tongs. Available at your local HomeGoods, the silicone tips hold securely, release food easily, are heat-resistant, and won't scratch your cookware. With absolute steel handles and a smooth locking mechanism, these cutlery tools are easy to clean and dishwasher-safe.

- When eating a salad bar without nutrition information, what is a good rule of thumb if I want a healthy dressing?
- I'm trying to eat healthy for your benefit. You've had some choices, while the rest seem very healthy. And most healthy meal-enders people are vegetarians and think that's a good idea. What are high in sodium, sugar, and fat?

- What are some of your store-bought items that are healthy?
- I have a ham some fantastic dressings, all based on produce. My favorites include "The Natura's Ham" (I am from Baltimore, taste of ham), "Pomodoro" (a cold ham and tomato dressing), "Mangia", etc.

- Any other tips for staying from the salad bar healthy?
- I'm a vegetarian, so I buy organic, and try to grow some of the meat代替物 and flavor. Thus, nothing leftover. And always remember portion control, one serving at a time is two cups.

Marinade ratio: 40:10:10:10
for: 100% whole-grain
Cayenne Pepper
Cayenne Pepper in the Marinate
1/2 slice

Food Fight: Fried chicken vs. Oven-baked "fried" chicken

A SIMPLE TREAT can radically be packed flavor (or not). Never a choice of frying ("frying" in the oven makes the oil unnecessary give you the crispy coating and makes chicken a healthy food), here's which is far less fat



Serving size: 1 breast

Calories: 270

Total Fat: 21 g

Calories from Fat: 12

Cholesterol: 85 mg

Sodium: 450 mg

Carbohydrates: 3 g

Protein: 22 g



Serving size: 1 breast

Calories: 204

Total Fat: 2.6

Calories from Fat: 27

Cholesterol: 0 mg

Sodium: 304 mg

Carbohydrates: 4 g

Protein: 27 g





Now you eat them raw, getting your veggies has never been this fast, easy,
and delicious.

one-pan steam-sautéed vegetables

BY JENNIFER COOPER KEELEY

STEAMING VEGETABLES IS ONE OF THE HEALTHIEST WAYS TO COOK THEM — using a minimal amount of water helps keep the nutrients in the vegetables, rather than boiling them away. However, steaming alone produces vegetables that can be a bit on the plain side. But add a little oil and some seasonings and you'll have vegetables that are sizzling on their own and aren't dependent on sauces. Award-winning cookbook author Pam Anderson coined the term "steam sautéing" for this two-in-one method for cooking vegetables. One pan does the work of two — or more.

Better than ever... — and having it clean — a collapsible steaming basket or steaming vegetables on top of water, which can keep out water-soluble nutrients and requires draining them in a colander together with a water that reduces over a small amount of water and a little bit of oil to each serving and wash the vegetables in the same pan. It's perfectly suited for firm vegetables, which benefit from some added moisture to speed their cooking — think broccoli, cauliflower, asparagus, green beans, carrots, fennel and snap peas. The vegetables in a covered pan will naturally tenderize as all comes the cover so the water can penetrate. The oil coats the vegetables, so they become fully tender and more intensely flavored.

With this simple technique, it's easy to add seasonings and accompaniments that suit your fancy. Our favorite is bacon and blue cheese paired with aromatic vegetables with no classic northern Italian parmesan. Cauliflower with Walnuts and Parmesan highlights the veggie's creamy nutty flavor. For those who enjoy a little more complexity try spicy fennel with jalapeño, jerk chicken or carrots with adobo Spain. Sautéing variability and flavor make steaming a sure win, no doubt.

FERMEL, WITH BACON AND PINE NUTS

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 45 MINUTES

Be sure to remove the fennel core entirely so the slices will separate easily. Recipe may be halved.

- 1. *Thinly slice* 1 lb.
- 2. *Use* 8 oz. bacon.
- 3. *Cut* 1/2 cup fennel.
- 4. *Boil* 2 lbs. fennel.
- 5. *Thinly slice* 1/2 cup asparagus.
- 6. *Chop* 1/2 cup walnuts.
- 7. *Boil* 1/2 cup fennel.
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CARROTS WITH INDIAN SPICES

SERVES 6

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

Caramelize beautifully with warm Indian spices like cumin and coriander. If you can, trim the thin ends of the carrots and the others slightly larger so they'll cook in the same time as those from the thick ends. Recipe may be halved.

- 1 tsp. ground fresh ginger
- 1/2 tsp. mace (nutmeg/grated mace)
- 1/2 tsp. ground cumin
- 1/2 tsp. ground coriander
- 1/2 tsp. cumin powder
- 1/2 tsp. mustard seeds
- 1/2 tsp. salt or tamari
- 1 tsp. finely ground black pepper
- 1/2 tsp. canola oil
- 1/2 cup water
- 1 lb. carrots, peeled and cut diagonally into 1/2-inch slices
- 1/2 tsp. fresh lime juice
- 1/2 cup fresh mint leaves

1. In a small bowl, mix ginger, ginger powder, cumin, coriander, cumin powder, mustard seeds, salt, and pepper. Set aside.

2. Add oil, water, and carrots to a large nonstick skillet or wokpan and bring to a boil over medium-high heat. Cover pan and cook, shaking the pan occasionally until carrots are just barely tender, about 6 to 8 minutes.

3. Uncover and continue to cook, stirring occasionally, until liquid evaporates and carrots begin to cook in the oil about 2 minutes. Add remaining spice mixture and continue to cook stirring occasionally until liquid and carrots are tender, about 2 more minutes. Add lime juice and stir until well combined and distributed. Transfer to a large bowl and serve immediately, adding lime wedges on a garnish if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
160 CALORIES; 102 CARBOHYDRATE; 10 PROTEIN;
16 FAT; 10 SUGAR; 1000 IU VITAMIN A; 1000
SERUM ACID.



CAULIFLOWER WITH WALNUTS AND PARMESAN

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 25 MINUTES

Why it's healthy: Cauliflower is a member of the super-healthy cruciferous vegetable group. Cruciferous veggies are thought to help prevent cancer by activating enzymes in the body that work to deactivate potentially carcinogenic substances. Cauliflower and its cruciferous relatives also contain sulforaphane that helps the liver neutralize carcinogens and even potentially treat substances.

plant-based oil to taste as well. Serve with an arugula, basil, and basil-fried garlic. Refer to the shaving Parmesan box (top right) for a tip on how to get perfect cheese stripes every time.

- 1/2 cup coarsely chopped walnuts
- 1/2 cup extra-virgin olive oil



SHAVING PARMESAN

Using a V-type cheese grater to shave thin shavings of Parmesan onto your hand is the best technique to shave cheese, making the cheese easier to eat.

1. prep water

- 1 cauliflower head peeled, if the leaves and stalk are left, 1/4 inch florets
- 1 clove garlic, minced
- 2 tsp. fresh lemon juice
- 1 tsp. extra-virgin olive oil
- 1/2 tsp. salt or to taste
- 1/4 tsp. freshly ground black pepper
- 1/4 cup shaved or shaved Parmesan cheese

1. In a large sauté pan, heat olive oil over medium heat until shimmering. Tie 2 florets together on a board and set aside. 2. Add olive oil, water, and cauliflower to the pan and bring just to a boil over medium-high heat. Cover pan and cook, shaking the pan occasionally, until cauliflower is just barely tender, about 3 minutes.

3. Remove 1/2 cup cauliflower to cook, stirring occasionally until liquid evaporates and cauliflower begins to crisp in the oil about 2 minutes. Add garlic and continue to cook, stirring occasionally until cauliflower is crisp-tender, about 1 minute longer. Add lemon juice, walnuts oil (if using), salt, pepper, and shaved cheese. Transfer to a platter and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (10 CALORIES): 140 CALORIES; 10 PROTEIN; 144 CARBOHYDRATE; 144 DIETARY FIBER; 134 SUGAR; 50 FAT.

good and healthy

Now with added omega-3s and less sodium: Cauliflower is a member of the super-healthy cruciferous vegetable group. Cruciferous veggies are thought to help prevent cancer by activating enzymes in the body that work to deactivate potentially carcinogenic substances. Also, cauliflower and its cruciferous relatives contain sulforaphane that helps the liver neutralize carcinogens and even potentially treat substances.

ROUND OUT A DINNER MEAL.

Black-and-tan violets go well with our ready-to-bathe needs. Any of these ideas are great with our **Robustine® Children**, including bath or robes in your choice of flowers. Use the following colors when you can.



- **Confidence with Numbers and Percentages:** Nature's Plans "Very Russell with optimism and then some. It is a well-organized product."
- **Spicy Tangerine with Jacqueline Jean, Flowers:** Return Pine, Mindfulness Soap (from the Self)
- **Carrots with Indian Spices Table of Musical Composers" Serene Tissue, Butter Fresh (soy)**
- **Passion with Raspberries and Rose Roots:** no comments from Russell can be found

SPICY TURKEY WITH JALAPEÑO JICAMA

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THE BOSTONIAN

ANSWER

Johnson, who encourages conference room spaces with a lot of light, which goes well with the early-morning nature of meetings. He says for balance:

- 3. clovers (green, crunched)
- 4. the (seasoned) fresh bread (homemade or store-bought) (thin paper, about 1-2 ft. x 10 ft.) or burlap
- 5. the (fresh) linseed leaves or flax dried
- 6. the (light bacon) sugar packed
- 7. the ground allspice
- 8. the ground cinnamon
- 9. the ground nutmeg
- 10. the (small) or (big) bell peppers
- 11. the (thinly ground black pepper)
- 12. The (small) oil
- 13. Oil water
- 14. (unfilled) plastic bottles (recycled) and (recyclable) (to hold liquid measures)
- 15. the (dark) vinegar
- 16. (recyclable) plastic

- In a small bowl, mix the guacamole ingredients. Season with salt and pepper. Set aside.
- Add oil, water and carrots to a large non-stick skillet or wokpan and bring to a boil over medium-high heat. Cover pan and cook, shaking the pan occasionally until carrots are barely tender, about 3 to 5 minutes.

3. Uncover and continue to cook, stirring occasionally until liquid evaporates and tomatoes begin to caramelize, about 2 minutes.

Add marinated spice mixture and continue to cook stirring constantly until fragrant and tomatoes are tender, about 3 more minutes.

4. Add vinegar and cilantro and garnish. This salsa is a great addition to sandwiches.

APPENDIXE: HULMATERIAL, VALOR PER 100 GRAM
PROTEÍNA: 100 G CARBOHIDRATOS: 10 G PROTEÍNA
PRO 100 G: 100 G CARBOHIDRATOS: 10 G PROTEÍNA
PRO 100 G: 100 G

Adam Boulton: the author of Thoroughly Modern Hollieholic

LEMON BROWNIE COOKIES WITH
SWEET-SPICY HAZELNUTS





Enhance lean meats
and seafood with
this easy technique

brining for flavor

BY JENNIFER JORDAN • PHOTOGRAPH BY MARY FEEHAN

For meat lovers, lean cuts are a staple of a healthy diet. But sometimes they can seem a little too lean. Without much fat to add flavor and juiciness, meats like skinless chicken and pork loin can benefit from brining—soaking in a flavored saltwater solution. This easy technique adds lots of seasoning and moisture with minimal fat.

All brines contain a good amount of salt, usually about one cup per gallon of water. But that doesn't mean the meat will taste salty or contribute excessive sodium to your diet. Salt typically makes up less than 4 percent of the brine, and because little of the brine is actually absorbed by the meat, in our recipes, on average, the brine contributes only about 300 milligrams of sodium per serving.

Many herbs, citrus rags or another marinade such as molasses, maple syrup or honey, beans can also be flavored with any number of ingredients (herbs, spices, or aromatic oils, onions and garlic). Beans that are soft in the baked and sous vide of fish, don't benefit from browning, but a wider window on less moist and cooked.

We offer flavorful browning recipes for most of chicken (breast and thigh), plus pork and shrimp. With the added flavor and moisture in these dishes, you don't need to baste. Let's achieve wonderful results. Which means you can enjoy your fix where you really want it — dinner!

PAN-ROASTED CHICKEN WITH GLAZED ROOT VEGETABLES

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR 10 MINUTES (INCLUDING RESTING TIME)

Pan roasting is a great way to retain all the moisture that browning adds to the chicken. Look for large, heavy breasts and cut them in half (your butchers will be happy to do that for you). You can also use small breasts. Chicken may be browned after cooking.

CHICKEN AND VEGETABLES

- 1/2 tsp kosher salt
- 1/2 cup water

With the added flavor and moisture in these dishes, you don't need much fat to achieve wonderful results.

- 1/2 tsp olive oil
- 1 tsp black peppercorns
- 1 cup mushrooms
- 1 orange, cut in half
- 4 cups (1 lb) carrots
- large bone-in skinless chicken breasts, skin removed, cut in half (breastwise) (1 lb)
- 1/2 tsp olive oil
- 1 cup reduced-sodium chicken broth
- 1/2 cup romaine

VEGETABLES

- 2 medium carrots, peeled and cut into 2-inch pieces
- 4 medium carrots, peeled and cut into 2-inch pieces
- 2 medium turnips, peeled and cut into 2-inch pieces
- 1/2 tsp olive oil
- 1/2 tsp freshly-ground black pepper
- 1/2 tsp red wine vinegar
- parsley sprigs (optional)

- 1 Preheat the chicken and veggies. In a large, uncovered or uncovered, nonstick skillet

and water. Bring to a boil; add water and kosher salt. When salt has dissolved, remove from heat and add cloves, peppercorns, and carrots. Square juice from the orange halves into pot. Then add the stock and pulp. Bring to a boil; reduce to a low simmer. Remove from heat and set aside.

- 2 Place chicken pieces at a large, heated side-by-side pan; brown over them. Add bag; place it in a bowl or pan with any liquid, and refrigerate for 1 hour.
- 3 Just before discarding the chicken, prepare the vegetables. Return oven to 400°F. Spray a baking sheet with non-stick cooking spray. In a large bowl, toss together carrots, turnips, and romaine. Drizzle with oil and toss with pepper. Arrange vegetables in an even layer on baking sheet and season with salt. Roast for 25 minutes. Drain; continue until very tender and no pink in center. Continue to cook until well-browned, about 5 minutes longer.
- 4 While the vegetables are roasting, clean the chicken, discarding bones, and rinse well under cold water. Dry with paper towels.
- 5 Heat oil in a large nonstick skillet over medium-high heat. Add chicken skin-side down, and cook until browned. On one side about 2 minutes. Turn pieces and cook another 2 minutes. Add broth and vinegar. Bring to a boil; reduce heat to medium, cover, and simmer 20 minutes. Remove fat from chicken and continue to cook, uncovered, until meat is tender and thickened and chicken is cooked through (another 5 to 8 minutes). Remove chicken and place on a platter. Tent the chicken with foil, and let rest 5 minutes.

- 6 Continue cooking sauce another 2 to 4 minutes until it reduces and thickens slightly. Pour over chicken. Surround chicken on platter with roasted vegetables and serve immediately garnishing with parsley if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
20 CALORIES (10% CALORIES FROM FAT); 0.5G TOTAL FAT (0.5G SATURATED, 0.1G MONO, 0.1G POLY); 5G PROTEIN;
100MG CHOLESTEROL; 50 CALORIES

BRINING BASICS

- 1 Use water, salt, sugar, or liquid which contains less sodium per cup.
- 2 Use a large pot to brine meat, combining with flavorings or herbs for 10 minutes.
- 3 Brine must be used within 24 hours. After that no guarantees for taste addition comes.
- 4 Use liquid brines for brining (brine) chicken, turkey parts, wings, and joints (breastwise) as well as all fish (steaks, fillets, and trout).
- 5 Be careful not to over-brine, which can make the meat overly salty. CN 2010 and work are good sources for test hours. Brine should soak for just 10 to 30 minutes. While much of the salt is absorbed after 10 hours, the longer the soak, the more salt is absorbed.



good and healthy

Roasting is a great technique for a low-fat meal. It also can help you eat healthier by making meat cuts of meat like chicken, turkey, and pork even more flavorful with minimal oil or butter.

1. Prepare the pork and brine. In a large roasting pan, combine salt and water. Bring to a boil over medium-high heat. When salt has dissolved, remove from heat and add peppercorn, cinnamon stick, and maple syrup. Simmer 10 minutes. Add ice and set aside to cool and set in melted.

2. Place pork chops on a large roasting bag and pour brine over them. Seal bag, place it in a bowl to pat it out any brine, and refrigerate for 3 hours.

3. Preheat oven to 400°F. Crown the pork, discard the brine, and rinse well under cold running water. Roast dry with paper towels.

4. Heat oil in a large ovenproof skillet over medium-high heat. Add shallots and leeks; cook only about 2 minutes. Turn shallots and leeks often to the center. Cook until pork is still slightly pink inside 10 to 15 minutes. Remove chops to a plate and let rest for 5 minutes before serving.

5. While the pork cooks, prepare the compote. Heat cider in a microwave-safe bowl or in a small roasting pan if very hot. Remove from heat and add cranberries; let stand 3 minutes, let cool.

6. In a large skillet over medium-high heat, melt butter. Add apples, pears, and cinnamon sticks and cook, stirring occasionally, until fruit is softened slightly and softened 3 to 5 minutes. Add maple syrup, cider, and cranberries; increase heat to high and cook until the liquid is mostly gone and apples and pears are glazed. 4 to 6 minutes. Spoon compote over pork and serve immediately.

PORK LOIN WITH AUTUMN COMPOSITE

SERVES 6

ACTIVE TIME: 40 MINUTES

TOTAL TIME (INCLUDES 40 MINUTES INCLUDING
CHILLING TIME):

Roasting the brined highlights of autumn, this dish is the perfect Sunday dinner when the leaves have begun to fall. The compote adds delicious autumnal flavor.

Pork and Brine

- 1 lb. boneless pork loin
- 1 cup water
- 1/2 cup dried sage
- 1 cinnamon stick
- 1 cup maple syrup

Maple Syrup

- 4 cups cold water
- 1/2 cup salt
- 1/2 cup coarsely ground black pepper
- 1/2 cup dried sage
- 1/2 cup dried thyme
- 1/2 cup dried rosemary
- 1/2 cup dried leeks
- 1/2 cup dried shallots

Compote

- 1 cup apple cider
- 1/2 cup dried cranberries
- 1 lb. boneless pork loin
- 1/2 cup dried sage
- 1/2 cup dried thyme
- 1/2 cup dried rosemary
- 1/2 cup dried leeks
- 1/2 cup dried shallots
- 1/2 cup dried apples
- 1/2 cup dried pears
- 1/2 cup dried cinnamon sticks
- 1/2 cup dried cloves

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
260 CALORIES, 16.5 CARBOHYDRATES, 140 PROTEIN,
100.5 DIETARY FIBER, 14.5 G SUGAR, 14.5 G TOTAL
FAT, 4.5 G SATURATED FAT, 10.5 G MONO-UNSATURATED
FAT, 2.5 G POLY-UNSATURATED FAT



Lemon-Garlic Shrimp Toast

LEMON-GARLIC SHRIMP TOAST

SERVES 8

ACTIVE: 1 HR; 25 MINUTES

(TOTAL: 1 HR; 55 MINUTES) (COOKS ENTERTAINING FEST)

If you have a grill you can use it to toast the bread and add some nice smoky flavor. Brush the bread lightly with olive oil and then cook over a hot grill until just toasted on both sides. About 5 minutes per side. Fingers may be involved.

- 1/2 cup kosher salt
- 2 cups water
- 1/2 cup sugar
- 1/2 cup dry white wine (optional)
- 2 bay leaves
- 1/2 tsp black peppercorns
- 1 lemon, halved
- 1/2 cup ice cubes
- 1 lb extra-jumbo shrimp (16-20 counts), peeled and deveined

1 slice fresh Italian bread, about 1/4 inch thick

1/2 cup olive oil

1/2 cup fresh parsley, minced

1/4 lb finely ground black pepper

1/2 tsp dried thyme, crushed

1 Prepare the shrimp and lemon. In a large saucepan or stockpot, combine salt, water and sugar. Bring to a boil over medium-high

heat. When salt and sugar have dissolved, remove from heat and add 1/2 cup of the water along with bay leaves and peppercorns. Separate the lemon half into pot and add remaining salt and pepper, reserving remaining lemon half. Set aside to steep 10 minutes.

2 Preheat oven to 400°F.

3 Add ice to bread and stir until melted. Place shrimp in a large sealable bag and pour lemon water over them. Seal bag, place it on a sheet of paper to catch any leakage, and refrigerate at least 15 minutes but no more than 30 minutes.

4 While shrimp marinates, place bread slices directly on the oven rack and cook until torched, about 10 minutes. Remove bread from oven. Cut each slice in half and place on a serving platter.

5 Drain shrimp, discarding lemon and most salt water cold water. Pat dry with paper towels.

6 Heat oil in a large shallow oven-safe pan over high heat. Add garlic and cook until lightly browned and aromatic, about 20 to 60 seconds. Add shrimp and turn to coat well. Cook shrimp, occasionally, until shrimp is almost opaque, about 5 minutes. Add remaining 1/2 cup water, reserving heat at high, and cook until shrimp is cooked through and liquid is reduced and thickened, 2 to 3 minutes longer. Remove from heat and squeeze juice from remaining lemon half over shrimp and set to pepper.

7 Sprinkle shrimp over the bread. Sprinkle with parsley and serve immediately.

APPROXIMATE NUTRITIONAL VALUE (PER SERVING): 420 CALORIES; 16G CARBOHYDRATE; 24G PROTEIN; 14G TOTAL FAT; 1G SATURATED FAT; 1G MONO; 1G POLY; 1G TRANS; 100MG CHOLESTEROL; 100MG SODIUM; 100MG CHLORIDE.

BEER + CIDER SUGGESTIONS

When entwining a dish is as fun as adding flavor, beers and ciders add character. Pair this dish with a light beer or a crisp cider like the Pork Loin with Autumn Compote. **Westvledd Draft Cider** with its light bite is a natural partner. **Perennial Kitchen** **Autumn Ale** from their fall line has a citrusy finish to the Lemon-Garlic Shrimp Toast but, won't distract, the citrusy acidic character. The acidic profile of **King Cider** (in case all else fails) goes well with **Widmer's Cider House** (the sort of crisp in Blue Moon Blue Moon will complement the citrus in the garnished chicken).

MISO-GLAZED CHICKEN

WITH A ASIAN SLAW

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR 10 MINUTES (NOT INCLUDING MARINATING TIME)

LEVEL: MEDIUM

Score 12 chicken thighs on both sides the bone with a sharp paring knife. Score the boneless chicken on the underside (so the cooking time is the same). Chicken may be bones out cooking, bones may be留下 (left) in cooking.

Chicken and Bok Choy

- 1 lb. boneless skinless chicken thighs
- 1 lb. bok choy
- 2 Tbsp. reduced sodium soy sauce
- 2 Tbsp. rice wine (such as Mirin) (see Note)

- 6 cloves garlic, minced
- 1 small chicken, 3 lbs.
- 1 tsp. molasses
- 1 tsp. black peppercorns
- 4 cups ice cubes
- 1 small (16 oz.) package Napa-style napa cabbages (about 2 lb.)

Slaw

- 1 lb. rice vinegar
- 1 Tbsp. sesame oil
- 1 Tbsp. vegetable oil
- 1 lbs. slaw
- 1 lbs. finely-ground black pepper



TASTY CARBS

Carbohydrates help to temper the spiciness of this dish. Serve the miso-glazed chicken with Napa's Best™ Long Grain Brown Rice or rice with Red Mung Beans & Rice Nettle Broth, or with my twist: the Big Roasted Garlic Quinoa with our pan-roasted chicken and the miso-Tempeh or Mungbean Bouillon Peppa Salsa with Autumn Compote.

1 large napa or napa cabbage sliced thin (about 1 cup)

1 red bell pepper sliced thin

1 cup thinly sliced snow peas

1 small grated

2 Tbsp. chopped cilantro

Glaze

- 6 Tbsp. miso paste (available in Pacific)
- 4 lbs. chicken
- 1 Tbsp. reduced sodium soy sauce
- 1 Tbsp. water
- 2 Cpl. ice cubes

1. Prepare the chicken and bok choy. In a large sautépan or wok, combine salt and water. Bring to a boil over medium-high heat. When salt has dissolved, remove from heat and add soy sauce, rice wine, garlic, ginger, scallions, coriander, and peppercorns. Simmer 10 minutes. Add ice and stir until mixture is cool and set or melted.

2. Place chicken thighs in a large resealable bag and pour bok choy over them. Seal bag, place it in a bowl of ice to subdue the heat, and refrigerate for 2 hours.

3. While chicken is marinating, prepare the slaw. Whisk together vinegar, black sugar, and black pepper in a bowl. Add cabbage, bell pepper, snow peas, carrots, and cilantro and toss until black sugar and dressing is evenly distributed. Refrigerate until ready to serve.

4. Preheat oven to 400°F. Spray a baking sheet with vegetable cooking spray. Drain chicken, discarding bone, and rinse well under cold water. Pat dry with paper towels. In a small bowl combine the glass, eggplant, and rice and mix well. Spread the glass all over the thighs until they are evenly coated. Place the chicken skin-side down on baking sheet. Bake 10 minutes then turn thighs and bake an additional 12 to 15 minutes until cooked through. Serve immediately with slaw on the side.

APPROXIMATE NUTRITIONAL VALUE PER SERVING: 360 CALORIES; 100 CARBOHYDRATE; 40 PROTEIN; 100 FAT (20 SATURATED); 1000 CHOLESTEROL; 1300 SODIUM; 20 PLEA. ■

Kent Pifer has written for *Smart Cooking*, *Fine Cooking*, and *Country Illustrated*.



Here's how to make irresistible caramel

Sweet and Smooth

BY CLAUDIO KUHNKE • PHOTOGRAPHS BY HEATH ROBBINS



There's something magical about caramel. You start with plain sugar, add heat, and voilà! You have a delectable concoction that can be crispy, creamy or chewy, depending on how you melt the sugar and what you add to it. As far as we're concerned, even hard tack would taste good dipped in caramel. Of course, caramel is much better paired with treats like popcorn, apples, ice cream, cookies, or cheesecake — the toasty, buttery flavor makes it a wonderful addition to a long list of sweets.

Classic caramel is made by melting granulated sugar until it reaches a golden color. When that occurs, it's looking down a banana-hair and teeth like a crackle study — never mind the version of caramel on a cinnamon-scented snickerdoodle cookie. Melting the sugar with other ingredients yields different textures and flavors. Adding warm cream to liquid caramelized sugar produces caramel sauce. Melting sugar in bacon sugar with bacon fat adds a salty kick to caramel. In our peach pie, peach topping for the pumpkin cream cheese pie. Use butter, brown sugar and corn syrup to make the perfect caramel for caramel corn.

Any way you make it, caramelized sugar will enhance a dessert. Try our four recipes which demonstrate how different caramel-making techniques.

PUMPKIN CREAM CHEESE PIE WITH PECAN PRALINE CRUST

SERVES 8

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 1 HOUR 45 MINUTES

(INCLUDES COOKING TIME)

This classic cheese pie tastes even better the day after it's baked — the extra time allows the flavor to develop. The cooled pie can be covered and stored in the refrigerator for up to four days. For odd fir points topping when serving, set it remains crisp. May be frozen.

Praline

- 1/2 cup unsalted butter
- 1/2 cup light brown sugar packed
- 1/2 cup coarsely chopped pecans

Crust

- 1/2 lb. pie, 9-inch, crust
- 1/2 cup packed brown sugar
- 1/2 cup (1/2 stick) unsalted butter, melted

Filling

- 1/2 cup (1/2 stick) unsalted butter, softened
- 1/2 cup sugar

- 1 cup all-purpose flour
- 2 eggs
- 1/2 cup vanilla extract
- 1/2 cup packed brown sugar
- 1/2 cup oil
- 1/2 cup canned pumpkin puree (not pie filling)

1 Preheat oven to 325°F. Line an 8- or 9-inch square pan with foil and butter the foil.

2 Prepare the praline. In a small saucepan cook butter, brown sugar and salt over medium heat, stirring frequently until butter melts and the mixture is smooth. Remove from heat; add macadamia nuts to macadamia-nut oil to bring, no a boil, and boil for 1 minute without stirring. Remove from heat. Let cool 10 to 15 minutes, stirring occasionally, until mixture bubbles. Cool the praline in the boiling pan; then break into pieces. Cooled praline may be stored, refrigerated in a airtight container for up to 3 weeks.

3 Preheat oven to 325°F. Butter a 9-inch pie pan.

4 Prepare the crust. Crush cookies in a food processor or blender or press a plastic bag and crush with a rolling pin or the bottom of a skillet. There should be about 2 cups of crumbs. Place the cookie mixture, flour and cold butter and melted butter. Stir to combine evenly. Transfer crumb mixture to the prepared pie pan and press it firmly and evenly over the inside of the

TO MAKE: 10 MEDIUM PIE CRUSTS

Before dipping into the sweet and nutty caramel "biscotti," preheat oven to 325°F. Melt butter, brown sugar and eggs over medium heat. Add pumpkin puree and vanilla. Spoon into a 9-inch square pan and bake for 30 minutes. Let cool. Cut into 10 equal pieces. Serve warm.

pan and up the sides. Refrigerate while you prepare the filling.

5 Prepare the filling. In a large mixing bowl or an electric mixer on low speed or in a large mixing bowl and sugar until smooth. Beat in flour, salt, eggs and melted, cold vanilla, cinnamon, ginger and salt, mixing until blended. Add in pumpkin and macadamia nuts. Beat butter into cream.

6 Bake the pie at 325°F until the crust begins to turn golden brown (about 35 to 40 minutes). Let the pie cool to room temperature (about 90 minutes). Then refrigerate until chilled, about 1 hour.

7 When ready to serve, spoon the no-sugar-added peach gelatin over the top. Cut into slices and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (INCLUDES PIE, CRUST AND FILLING): 460 CALORIES, 140 CARBOHYDRATES, 20 PROTEIN, 200 TOTAL FAT (100 SATURATED), 100 CHOLESTEROL.

CARAMEL CAUTIONS

When sugar is melted and caramelized, it gets very hot; be careful not to burn yourself in the process. In the event of coming contact with quickly or when hot, rinse it with water and should not be left unattended for even a moment. Watch it carefully.

- 1 Caramelize in a large, shiny skillet with a liquid bottom, like the stainless-steel bottoms in these Viking® 10-inch skillets.
- 2 As caramel cooks, the edges often stick to the sides. If this happens, use a wet spoon to dip the spoon to heat it, cool it, and remove easily. You can also tilt and turn the pan to move the liquid from the center to the outside.



Watch a video about making caramel at www.vikingappliances.com, and learn how to prepare caramel correctly (see recipe on page 95).





САМЫЙ ПРОСТОЙ ВЫПУСКНОЙ ПРОЦЕСС

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Using the *getmany* command

Figure 1. Mean $\log(\text{log}_10 \text{M}_\odot)$ vs.

THEORY AND PRACTICE

Decorate with fresh fruit or berries. Serve with whipped cream.

4. In a small saucepan, warm cream over very low heat. Keep warm while you make the custard. Alternatively, warm it in a glass

heat on the maximum for 10 seconds. It is a large amount, combine water and sugar. Cover and cook over medium low heat until sugar dissolves about 8 minutes. Stir the mixture occasionally to dissolve the sugar, or cover the pan. Do not increase heat to medium high and bring to a boil. Continue heating until the mixture begins to change color when turned dark gold about 10 minutes. This may happen suddenly so watch carefully. If necessary, stir gently with a wooden spoon to help the mixture cook evenly or swirl the pan. As soon as sugar turns dark gold remove from heat.

3. slowly and carefully pour warm water into the hot canister (the container will bubble up). When the bubbling subsides and it is cool enough to touch, cover it with a smooth cover. Pour water-covered band or individual bands and let cool to room temperature (10 to 30 minutes, depending on the size of the bands).

ПРОГРАММА ПОДДЕРЖКИ

Once you've edited the orders to make changes to the existing line items, you can now save the changes. Do one of the following:

- 5) Imp. Code of Implement? Please see Ref 202-021
- 6) One spalted orange wood.
- 7) 100% auto-chopped (bitter-sweet) chocolate
sugar with marshmallows
- 8) Imp. vanilla extract
- 9) There were ~~marshmallows~~ or other flavorings.

ii. Arrange the fruits on a serving plate with slivers of Indian bread on the side. To eat: shower fruit and dip in curd or honey.

APPENDIX B: TUTORIAL TEMPLATES FOR SUPPORTING
INTEGRATION AND CARBON-BASED SO PROTOTYPING
IN PARTS OF THE PROJECT BASED ON THE PRACTICE, AND
SUGGESTIONS TO TEACHERS.

CARAMEL CORN

MAKES 8 CUPS OF POPCORN
ACTIVE TIME: 15 MINUTES
TOTAL TIME: ABOUT 40 MINUTES
(NOT INCLUDING COOKING TIME)

Homemade caramel corn is easy to make and a guaranteed pleasure for kids of all ages. Baked, unbuttered popcorn is coated with a sticky brown sugar, caramel and baked until crisp. It's a do-ahead snack that can be stored in an airtight container for up to one week. —If you can find a shot glass. For an added treat, add 1 cup nuts before pouring on the caramel.

- 1 (8-oz.) bag popped popped popcorn
- 1/2 cup unsalted butter, cut into 1/2-in. cubes
- 1/2 cup light brown sugar, packed
- 1/2 cup light corn syrup
- 1/4 tsp. baking soda
- 1/2 tsp. vanilla extract

- Preheat the oven to 250°F. Spray a 9-by-13-inch pan with vegetable cooking spray. Transfer the popcorn to the baking pan and put it in the oven to cool slightly while preparing the caramel.
- In a medium saucepan, heat brown sugar and corn syrup over medium heat, stirring constantly until sugar melts

and caramel is smooth. Increase heat to medium-high and bring to a boil. Without stirring, boil for 2 minutes, watching the pot closely if necessary to cook the caramel evenly. Remove from heat and use a wooden spoon to stir in the baking soda. The caramel will foam slightly but no need to stir.

- Remove popcorn from oven and slowly pour caramel over it for the uniform to coat the popcorn thoroughly, scraping bottom of pan. Bake 20 minutes and stir. Let caramel will still be hot. Take another 40 minutes. Caramel corn should be stiff. Be aware that the oven and air around corn to loosen it from the bottom of the pan.
- Cool in the pan about 40 minutes. The caramel coating will become firm as it cools. Serve or store in a sealable container at room temperature for up to 1 week.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
240 CALORIES; 36% CARBOHYDRATE; 12% PROTEIN;
10% FAT (20% SATURATED); 30% CHOLESTEROL;
200MG SODIUM; 20 PEPER



GO NUTS

Conquer nut nutophobia (aversion to nuts) by trying the following nutty nibbles. No oven required—deserts!

- Add 1/2 cup Nature's Place® Roasted Salted Almond Nuts to Caramel Corn for extra crunch.
- Toss Nature's Place® Almonds or Walnuts for the crunch in the plainest dessert possible: a slice of pie.
- Add chopped Nature's Place® Roasted Unsalted Mixed Nuts to the 10-in. 600-calorie.
- Add dried Nature's Place® Roasted Mixed Nuts to cereal for dipping alongside the morning cereal. Dip into the caramel. Sprinkle the chopped nuts.



grilled fruit sandwich

Fresh Fruit for Breakfast

The fruiting fruit is an integral part of dessert to an adult meal. It adds extra flavor, extra color and extra healthy too - even when fruit is dried. After all, the USDA recommends that we eat five to four cups of fruit every day and adding a sweet sauce makes eating lots of it easy and even more satisfying!

CARAMEL CRUNCH SUGAR COOKIES

SERVES 24 (ABOUT 1 DOZEN COOKIES)

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 45 MINUTES

Old fashioned sugar cookies take on a whole new dimension when studded with chunky bits of fruity caramel. Use the baking sheet with parchment paper to prevent the caramel on the cookies from melting in the pan. May be frozen.

- 3 cups sugar, divided
- 1 lbs ground pecans
- 2½ cups all-purpose flour
- 1½ cups of finely chopped (medium baking size)
- 1 lbs baking soda
- ½ lbs salt
- 1 cup (2 sticks) unsalted butter at room temperature
- 2 eggs
- 1 lbs vanilla extract

1. Line a baking sheet with parchment paper and spray with vegetable cooking spray.
2. Prepare the caramel: In a large heavy-sided pan, stir 1 cup of the sugar over medium heat, stirring occasionally with a wooden spoon to help it melt evenly. When the sugar is melted, lower heat to medium-low and cook to a golden color, about 2 to 6 minutes. Immediately pour the caramel and sugar mixture onto the prepared baking sheet. Tilt the sheet so that sugar spreads to a thickness of no more than 1/8 inch. Allow to cool until hard and cool to the touch, about 30 minutes.
3. Break the caramel into several pieces, then place on a cooling board and use a knife to chop into ½- to 1-inch pieces. (The caramel can be stored in a tightly sealed container for up to 3 days at room temperature.)



4. Preheat the oven to 325°F. Line 2 baking sheets with parchment paper or spray with vegetable cooking spray. In a small bowl mix ½ cup of the sugar, 1 egg yolk and the cinnamon. Set aside.

5. Make the cookies: In a medium bowl, add together three cups of sugar, baking soda and salt. Set aside. In a large bowl, use an electric mixer on medium speed to beat the butter and remaining 1½ cups sugar until creamy, about 1 minute. Mix in the eggs and vanilla until blended. On low speed mix in the flour mixture until it is incorporated. Stir in the chopped caramel pieces. The dough will be stiff.

6. Scoop out a well rounded tablespoon of dough and roll between your palms into a smooth ball. Roll ball in the cinnamon-sugar mix. Repeat with remaining dough and place balls 3 inches apart on the baking

sheet. (You will not use all the cinnamon sugar mix.)

7. Bake cookies one sheet at a time, just until the edges are golden brown, about 15 to 18 minutes. Cool the cookies for 3 minutes on the baking sheet, then transfer to a wire rack to cool. Store or store in a tightly covered container for up to 3 days at room

temperature. Refrigerate unused cookies, up to 2 weeks. To store, place cookies in airtight containers.

Chef Review: sweet softbake & Decadent Cakes — 50 Great Cakes for Every Occasion

Temptingly Tender

Here's how to cook perfect pork

RECIPE BY KATHRYN MASTORI | PHOTOGRAPH BY JEFFREY L. BROWN

Pork has become the new chicken for health-conscious diners nationwide. The National Pork Board has been promoting the idea that pork is lean, safe and easy — the other white meat. Thank you just an empty slogan — pork can be as lean as many cuts of chicken. It's second pork industries, for example, has slightly less fat and calories than a chicken chicken breast. Other cuts, like chops, are comparable to chicken: chicken legs and thighs are more lean but are less lean than pork.

Can humans taste? All Natural Pork is lean but has been certified by the American Meat Association. As an added bonus: undercooked cooks quickly making it a go-to protein for a quick meal. Plus, thanks to improved breeding methods, it's no longer necessary to cook pork well done; it's leaner and can enjoy being chops and tenderloin because their juicy, tender.

The key to cooking lean meat is a quick heat. Searing the outside of the meat helps the process inside. A thin, boneless pork chop will need to just cover their surface. Likewise, boneless pork chops can easily be substituted for boneless chicken chicken breasts or your favorite recipe. You can use lean ground pork to make burgers, sausages, or a base for chili. To get you started we offer four speedy recipes — good for fast weeknights and special occasions — demonstrating different techniques for cooking lean chops and tenderloin.

PORK TENDERLOIN WITH SHERRY VINEGAR PAN SAUCE

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

A tangy flavor of chili, sherry vinegar accents dishes with a delicate sweetness. The

steaks are slathered with almond butter, which contains no cholesterol. Serve slices of this tenderloin with rice pilaf and sautéed broccolini or charred. Recipe may be halved.

- 3 Tbsp. olive oil
- 1 (2½-lb.) pork tenderloin, cut in half
- 1 Tbsp. olive oil
- 1 lbs. broccolini, stems
- 1 shallot, finely chopped
- ½ paté de foie gras, softened and melted, finely chopped
- ½ tsp. hoisin sauce or to taste
- ½ tsp. finely ground black pepper
- 1 Tbsp. dried shrimps
- 3 Tbsp. sherry vinegar
- ½ cup low-sodium fat-free chicken broth
- ½ (16-oz.) bag green beans
- 1 Tbsp. honey
- 2 Tbsp. finely chopped fresh cilantro sprigs

1. Drizzle olive oil on all sides of tenderloin halves. Rub oil on a large nonstick skillet over medium heat. Place the tenderloin pieces in the pan and cook for

8 minutes, until nicely golden and crispy. Turn each piece and cook for another 4 to 6 minutes, until golden. Transfer to a plate and rest with foil.

2. Add olive oil, shallot, jalapeño, salt and pepper to pan and cook until fragrant about 30 seconds. Add lemons, paté, honey and broccolini. Stir well and simmer until slightly reduced, about 3 minutes. Add almond butter and honey. Whisk until nicely blended and somewhat thickened about 2 minutes.

3. Slice the tenderloins in each thick slice. The pork should still be very pink in center. Return slices and stop cooking pan to the pan. Cook for 3 minutes and then turn each piece of pork to finish cooking. The slices should be barely pink and will be very juicy. 4. In serving platter with plates, divide tenderloin among 4 plates and drizzle with sauce. Garnish with cilantro if using.

APPROXIMATE NUTRITION VALUES PER SERVING (INCLUDES 16 CHICKEN BREASTS): 260 CALORIES; 13.5G PROTEIN; 13.5G CARBOHYDRATE; 10.5G CHOLESTEROL; 10.5G SAT. FAT; 16.5G TOTAL FAT





SMOKY PORK CHOPS WITH CORN HASH

SERVES 4

ACTIVE TIME: 20 MINUTES
TOTAL TIME: 60 MINUTES

Smoked paprika adds a depth of flavor to the pork chops, complementing the smoky-sausage-studded corn. Recipe: [smoky-pork-chops-with-corn-hash.html](#)

- 1 lb. smoked pork chops
- 1 tsp. ground coriander
- 1/2 tsp. kosher salt
- 1/2 tsp. dried thyme
- 1/4 cup 1-bacon fat, cut pork chops about 1 inch thick

- 1 cup finely chopped onion or choice mushrooms
- 1/2 cup finely chopped red onion
- 1/2 cup frozen corn
- 1/2 cup finely-ground black pepper
- 1/2 cup long grain or Parboiled white rice (not instant)
- 2 Tbsp. finely chopped onions (shallots preferred)
- 1/2 cup water

- In a small bowl, mix together paprika, coriander and 1 tsp. of the salt. Rub the mixture over the entire surface of each chop.
- Heat a large nonstick skillet over medium heat. When hot, spray with vegetable cooking spray and add pork chops. Cook for 3 minutes. Turn chops and cook for an

WINE SUGGESTIONS

For the smoky-pork chops, go with a white wine with a lot of fruitiness and acidity such as the *2004 Tavelin with Green Vougeau Sauvage*, with *2004 Chateau Margaux*, *Margaux* (which has an interestingly aged feel and great flavor) and a red blend. To emphasize the smoky profile of the Pork Chops with 2004 *Madiran*, choose *2004 Chateau Pichot* (for its nose, tarry flavor) and *2004 Chateau la Coste*. The *2004 Chateau d'Yquem Extra* (Sauternes) is great value and a lovely pairing; some rosé also complements the *Smoked Pork Chops with Corn Hash*. For the Smoky Pork and Peppercorn Sausage, try *2004 Chateau Pichot* (not with its intense fruit flavor but for its earthy finish).

additional 3 minutes. Pork should be just cooked through and nicely browned. A bit of pink will ensure a tender, juicy chop. Transfer chops to a platter and tent with foil.

- While chops are cooking, make the corn hash. In a medium bowl, mix the corn hash (that is, mixing 1 cup oil in a second large enough skillet over medium-high heat. Add onions and sauté. Cook until the onions begin to brown and sauté begins to get crispy. This 4 minutes. Add rice and black pepper. Stir until evenly mixed. Reduce heat to medium and cook for about 6 minutes, stirring occasionally.
- Cook green beans. Place bag and microwave on high for 4 to 5 minutes. When cooked, strip as end off the bag and drain away any water.

- To serve, move chops to the center of the platter. Place corn hash on one side of the chops and beans on the other side. Garnish with parsley and lemon wedges if desired. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
45 CALORIES, 14G CARBOHYDRATE, 14G PROTEIN
AND 14G TOTAL FAT (10G MONO-UNSATURATED,
4G POLY-UNSATURATED, 1G TRANS-FAT).

good and healthy

Nature's Plate All-Natural Pork

The pigs used for our Nature's Plate All-Natural Pork are free from certified by the American Humane Association. They have space to move around, breathe, and leap. They are given no growth hormones, no antibiotics, and are fed a natural, vegetarian diet. The result is hormone-free pork, amazingly tender and delicious.

TERIOR AND JUST

medium-hot pan the gourmets you no longer need to cook with the pain of my return, the USDA recommends cooking ground beef to an internal temperature of 160°F. Take your off the heat when the center is slightly pink, and the meat will be tender and juicy and safe to eat.

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ANSWER: **10**

A *taratoru* is a French-style open-faced sandwich. It represents as a main salad of sliced bell peppers and onions, enclosed within fresh multi-grain bread. It can also be baked.

1. Use water-soluble oil dispersants
1. (S-1) plus dispersants cleaned in
Production
2. Use alkaline agents
3. Use ferric sulfate
4. Use oil dispersants mainly charged
5. Use red oil dispersants
6. Use general treated oil dispersants
designed for dispersing and dispersing
dispersed
7. Use dispersants from land
8. Immobilizers, coagulants and flocculants
Chitosan (0.5 to 1%)
9. Use "soil oil immunization" technology
Ottawa Copper Mine
10. Return oil to oilfield tanks
11. Use dispersants post-spill

3. Prepare the dispersants. Here I Use
of the oil in a large stainless steel
medium first. Add emulsions and
coagulants and emulsions before oil
can be used.

A close-up photograph of a meal. In the foreground, a white rectangular plate holds two pieces of bruschetta. Each piece consists of a slice of bread topped with a generous amount of colorful, diced vegetables, possibly a mix of bell peppers, onions, and tomatoes. A small dollop of white cream cheese is visible on the side of one piece. In the background, a white bowl contains a salad with various leafy greens and small pieces of fruit or vegetables. To the right, a tall glass of beer with a thick head of foam sits on a white surface. The lighting is warm and focused on the food.

10. About 2 minutes. Add tomato puree and stir well. Add yellow bell pepper. Cook and stir until crisp-tender; about 2 minutes.

8. Turn off heat. Stir in vinegar, toasted peppers, and basil. Transfer to a bowl and set aside. When ready, slice and serve.

16 Heat remaining 1/2 cup oil in the skillet over medium heat. Add pork chops. Sprinkle with pepper salt. Cook for 2 minutes. Turn and continue cooking for 1 minute on each side until browned.

4. While chops cook, slice rolls in half. Spread 1 Tbsp. of the goat cheese on each half and place each half on a separate plate.

above. Top each stage with 1/2 of the prep mixture (meat and eggs) immediately.

APPROXIMATE BUTTERFLY TAILED FISH BREEDS
SPECIFIED: THE CARP, THE TROUT,
AND THE GOLDEN-SPOTTED FISH CHUBBLETON.
THERE ARE NO OTHERS.



COLONEL MUSTARD

Port wine, port wine wine
moscato, Port, port wine, and
too with many of our skins one
kind of brandy from the
Cognac, Henley, Henley, Henley
Henley, Henley, Henley, Henley





fresh & local

Get cooking Close to Home with our Fresh & Local recipe contest

Shop local – and win!

The auction will run on 20/09/2018 (10:00-16:00)

Our locally made and locally grown Clean to Home products are fresh as can be, and when you buy them, you're supporting growers and businesses in your community.



Look for the Choose to Save logo when you're shopping — then get creative. Our annual recipe contest is your chance to showcase

— your favorite Clear the House ingredients. Your recipe could be for an appetizer, entrée, side dish, dessert, or a condiment.

Your recipe must use at least one product from a Ciba Life Sciences supplier and you must specify the supplier (for example, Novartis Ciba) in the recipe. Your Recipe may win a Hassle free Gift Card, plus winning recipes will be published in the May/June 2004 issue of *Homebased Foods magazine*.

To enter, type or print your recipe and include the following information at the top: your name, address, phone number, email address, and Close to Home supplier and location.



You can read more about Hammerson's Give It Home programme – and about the other initiatives chosen to receive our initial grants – on [GiveItHome.com](http://www.giveithome.com).

The Rules

- Recipe can be for an appetizer, side dish, entrée, dessert, preserves, or condiment
- Recipe must contain at least one food from a Close to Home supplier
- Recipe must be your original recipe
- One entry per person
- Deadline: November 1, 2010

Email your recipe as an .doc attachment (not a pdf) to franchisees@honeylandfresh.com with "Honeyland Fresh & Local Recipe Contest" in the subject line. Or mail your recipe to Honeyland Recipe Contest, P.O. Box 12004688, Boston, MA 02193. If you prefer to attach files that you can't mail printed, write in the address above.

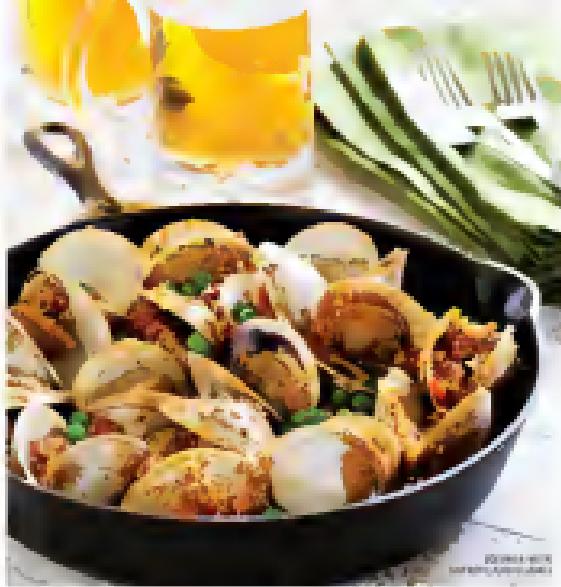
Prizes

Centre for Child Research, 5100N95 University City Road

Journal of Clinical Anesthesia 2000; 12: 691-695. © 2000, Mosby Inc. 0898-2337/00/1206-691\$15.00/0

With these three new features, the new version of the software is a complete solution for the management of the entire process of the production of the concrete products.

For more information, visit www.ams.org or call 800-321-4267.



QUESTIONS AND ANSWERS

LITERATURE

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1996-1997 學年

Salts are a crucial element of eastern, greek, roman and portuguese popular in Caribbean and Mediterranean dishes. Along the eastern coasts this is cooked evenly with the rice. Brings can be added.

that others. These drying techniques: (1) are a good method to ensure that all solvents released into the casting liquid are retained in the finished sheet. Make sure not to overheat the oil. Casting conditions significantly impacts the β -quenched morphology and microstructure.

CHUNG STARS™

marketed to us over their life times consequences, you quickly see how a product can be shelves, but in use of our schools teach us. Foods that many stores offer the most nutritious value for the calories, appears to good low fat butter. There is logic. In fact, follows the rules for cancer prevention and health care decisions.

- 1 lb. fresh clams (weight includes shells)
- 1/2 cup olive oil
- 1/2 medium onion
- 1/2 cup chopped tomato
- 1/2 cup sliced red bell pepper
- 1/2 cup sliced zucchini (can substitute summer squash)
- 1/2 cup sliced mushrooms
- 1/2 cup shredded parmesan or salt-free cheddar cheese
- 1/2 cup finely shredded dried copper
- 1/2 cup low sodium chicken broth
- 1/2 cup oil
- 1/2 cup frozen peas
- lemon wedges (optional garnish)

1. Preheat oven to 425°F

2. Submerge clams in a bowl of cold water

1. Professor, even to 42°F
2. Schenck: claim in a heat of cold water



2016 年度报告

the upper-right diagonal region
contains further mostly diagonal subregions
with some short diagonal subregions.

How to Implement the Core Four and the Core Five



NUTRITIOUS TECHNIQUES
IN A NUTSHELL

1. Use whole grains.
2. Add beans and legumes.
3. Use whole fruits and vegetables.
4. Use whole grains and beans in soups.
5. Use whole grains and beans in salads.

Photo: Mark L. Johnson

ASIAN MEATBALL SOUP WITH

RICE AND HERB NOODLES +

SALAD

ACTIVE: 1 hr; STANDING: 1 hr

TOTAL: 3 hr, 15 min

Red meatballs flavored with ginger, garlic, and soy sauce make this Asian-inspired soup something special. Soup will keep fresh in the refrigerator for 2 days. Store noodles and herbs separately as the noodles will absorb the liquid. Recipe easy for leftovers and freezes.

Nutrition boost ing techniques: Adding the fish sauce to the end of stir-frying process for bright green color as well as its nutrients. Chopping herbs releases its antioxidants.

- 4 cups low-sodium chicken broth
- 1/4 cup dried sliced fresh ginger
- 1/2 cup dried fresh green onions
- 1/2 cup dried red ground beef
- 1 egg white
- 1/2 cup green-dried beansprouts
- 1/2 cup sliced garlic



- 1/2 cup reduced-sodium soy sauce
- 1/2 cup dried, chopped dried jicama (tapioca)
- 1/2 lb (227 g) Chinese noodles
- 1/2 cup reduced-sodium oil
- 1/2 cup dried, thin-sliced kelp seaweed

- 1 In a large microwave, combine broth and ginger. Bring to a simmer over medium-high heat. In a separate microwave, bring 3 quarts water to a boil over high heat for cooking the rice noodles.
- 2 While broth boils, make meatballs. In a large bowl, mix together grated ginger, ground beef, egg white, dried onions, garlic, and soy sauce. Form into 16-20 meatballs. (Small rice noodles soak well for this.)



tip:

Seaweed (also known as kelp) releases powerful antioxidants like sulphurase.

- 3 Remove ginger slices from broth with a slotted spoon and discard. Place meatballs in the broth. Bring to a boil over medium-high heat. Reduce heat to medium-low and simmer gently for 10 minutes. Add kelp. Cover and simmer 10 more minutes until meatballs are cooked through and kelp is tender.
- 4 After adding kelp to the broth, drop rice noodles into pot with boiling water. Cook for 3 minutes. Drain, then divide noodles among 4 bowls.

- 5 In 4 separate bowls, add meatballs among the 4 bowls. Serve at once.

A WORD ABOUT WATER

Many vitamins (such as B and C) are water-soluble, which means some of our water is taken away chewing and cooking vegetables and grains. Replenish lips to avoid.

1. Save the cooking water from beans and vegetables for soups, soufflés, or souce. Some of their vitamins are water-soluble.
2. Use as little water as possible when cooking vegetables, use to steam, not boil.
3. Boil 1 minute in oil or butter + especially-enriched grains. (Wine removes vitamins and minerals, though, as mentioned.)

APPROXIMATE NUTRITIONAL VALUES PER SERVING
40 CALORIES; 10 G CARBOHYDRATE; 130 CALORIES
PER 1/2 CUP COOKED; 1000 CALORIES PER
1000 CALORIES; 20 POUNDS

Wonderful Winter Squash

Some techniques for cooking these classic seasonal beauties

BY KATHY GILBERT PHOTOGRAPH BY KATHY GILBERT

One sure sign of autumn is caramelized winter squash in all its glory, glowing on the produce aisle — and winter and comfort cooking are soon to follow.

Winter squash, with its bright orange flesh in many colors from pale-yellow to almost summer squash. The rough skin of the various winter squashes — in shades of orange, green, yellow, even pale blue — keeps them fresh for several weeks.

Squash is not only sweet, low in calories and versatile. Start or end a meal with the most healthy of all squashes: the solid, pink-fleshed *hokkaido* to make those carrots easier to digest. Squash pairs well with spicy like carrots or sweet — such as pumpkin molasses pie or chowder (see page 50). At the same time, that sweet-savory balance will work many interesting like fish dishes. We offer three tempting recipes demonstrating varied techniques of cooking with squash.

Look for squash that has a bright orange of firmness and sweet taste, not a watery, dark spot — a yellow is ideal. It stores well and is great on hand for healthy meals throughout the fall and winter.

JAPANESE-STYLE ROASTED SALMON WITH KABOCHA SQUASH

SERVES 4
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 1 HOUR

A combination of Asian flavors creates a delicious glaze for the salmon and the squash. Kabocha squash is a traditional Japanese squash, but you can also use butternut or butternut squash.

SERVE WITH *White* or *Flame*[®] *Cognac* *Brown Rice* or *White* *Rice*. *Butternut* may be halved and may be eaten.

- 1 lb *Kabocha* squash, peeled and cut into 1/2-inch half rings; 1/2 tsp salt
- 1/2 tsp *Japanese* *Plum* *Concord* *Oil*
- 1/2 tsp *Spicy* *of* *Imperial* *Spice*[®] *Marsala* *Flame* *Rice* or rice wine
- 1/2 tsp freshly-ground black pepper
- 1/2 tsp reduced-brinol oil
- 1/2 tsp *minced* *fresh* *ginger*
- 1/2 tsp *minced* *fresh* *chopped* *shallot*
- 1/2 tsp *minced* *fresh* *garlic*
- 1/2 tsp reduced *soy* *sauce*
- 1/2 tsp *Japanese* *Plum* *Concord* *Oil*
- 1/2 tsp *Honey* *Orange* *Spice*[®] *Marsala* *Flame* *Rice*
- 1/2 tsp *red* *pepper* *flakes*
- 1/2 tsp *minced* *fresh* *Melissa* *Plum* *Orange* *Chives*, divided
- 1/2 tsp *minced* *fresh* *lime*

1 Preheat oven to 425°F. Spray a shallow baking pan with vegetable cooking spray.



Place squash slices on the pan and toss with remaining oil, salt, and pepper. Roast for 15 minutes.

2 Meanwhile, in a medium bowl mix together ginger, concord vinegar, soy sauce, garlic oil, honey, lime juice, and 1/2 tsp of the chives. Stir well.

3 Remove squash from the oven and gently turn the slices. Pour half the sauce on top and roast another 5 minutes.

4 Gently move squash slices all to the sides of the pan. Place salmon fillet in the center. Pour remaining sauce on top of the salmon and roast for 14 to 17 minutes, depending on the thickness of the fillet until salmon is cooked through.

5 While fish cooks, preheat broiler. After roasting, spoon sauce from the bottom of the pan on top of the salmon and squash and broil for 4 to 7 minutes. In meantime and squash look nicely glazed and golden brown; brush carefully. Transfer fish to a platter and place squash on either side of the fillet.

Sprinkle each remaining 1/2 tsp chives and serve immediately.

APPROXIMATE NUTRITIONAL DATA PER SERVING: 360 CALORIES; 100 CALORIES FROM FAT; 18g PROTEIN; 12g FAT; 10g CARBOHYDRATE; 100g CHOLESTEROL; 40mg SODIUM; 40mg

○ good and healthy

Winter squash is packed with nutrients. The bright orange color indicates that it is high in carotenoids, which are components rich in antioxidants that might play a role in fighting certain cancers. Plus, it is high in folate and vitamins A and C, and fiber.

ENGLISH RISOTTO WITH SAGE

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 40 MINUTES

Thin creamy comforting rice dish is flavored with butternut squash, fresh sage and Parmesan cheese. Serve as a main course, with a salad and bread, or as an aside dish with roasted chicken, meat or vegetables. The risotto is best served within 30 minutes.

Note: This risotto cooks well with any winter squash, including Hubbard, butternut or acorn.

1 lb. **Day's Best** Fresh Organic Extra Virgin Olive Oil

1 medium onion, finely chopped

1/2 tsp. salt, or to taste

1/4 tsp. freshly-ground black pepper or to taste

1 lb. butternut squash, peeled, seeded and chopped into 1/4-inch cubes

1 cup fresh **Day's Best** Organic Sage Leaves, cut into thin strips, divided

1/2 cup Arborio rice

4 cups low-sodium vegetable broth (from the organic 6-bottle case)

1 cup **Day's Best** Organic Dried Parmesan cheese, divided

1. Heat oil in a medium sauté pan over low heat. Add onion, salt, and pepper and cook

WINTER SQUASH ROASTER

Roast - **roasting** or **roaster** The winter squash comes in a variety of shapes, sizes, and colors. Roasted is the best flavor.

- **Aztec:** Shaped like a giant zucchini with a yellow flesh, green skin, and orange stripes. Smaller than many other winter squash, easy to roast, very sweet with a hint of orange.
- **Balsamino:** Buttercup-shaped, it is 3 inches in diameter with dark green skin often streaked with grey. Delicate rounded flavor, or robust in soups and stews.
- **Butternut:** Sweet, yellow flesh squash resembling an elongated pieplant 10 to 12 inches long.
- **Hokkaido:** Squash with blue-green skin and orange flesh. Ideal for a potato-like baked or boiled.
- **Hudson:** Buttercup-shaped with green stripes, resembling turnip squash. Often used in soups and soufflés to mask bitter taste.
- **Pumpkin:** Sweet and creamy in a range of sizes. Use smaller sugar pumpkins for roasting and baking larger pumpkins for carving. The tiny pumpkins can be mashed instead and added whole.
- **Spaghetti:** (Squash) and pale yellow with stringy spaghetti-like flesh that can be sautéed or steamed.

it until it is starting to brown. Add squash and 1/2 cup of the sage and cook, stirring, for 3 minutes. Add rice and cook, stirring for 1 minute, making sure to coat the rice kernels well with the sage and onions. 2. Add 1 cup of the broth and cook for 3 minutes, stirring occasionally. When most of the broth has been absorbed, add another cup of broth and cook another 1 minute, stirring every minute or so. Stir in a third cup of broth and cook, stirring frequently for 10 minutes or until the rice begins to absorb all the liquid. Stir

in the final cup of broth. Cook another 1 to 2 minutes, stirring frequently until the rice and squash are tender and almost all the broth has been absorbed by the rice. The rice should still look a bit wet. 3. Remove from heat and gently stir in 1/4 cup of the cheese. Serve hot garnished with the remaining 1/4 cup sage and 1/4 cup cheese.

ADDITIONAL NUTRITIONAL VALUES FOR BROWNSTONE 6-BOTTLE CASE (CONTAINS 100 CARBONATED AND 200 NON-CARBONATED BEVERAGE CHOICES).

THREE BOTTLES = 40 FL OZ



SQUASH PEEL

- Use a vegetable peeler to remove the skin from butternut squash - holding down until you reach the orange flesh underneath.



Painted Squash
Roasting squash
Baked squash.

NOODLES AND BEEF STEW WITH CINNAMON-HONEY SAUCE

SERVINGS 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

Cook the tender beef stew with rice, egg noodles, or every flavor it. Place beef to top up the noodles. The stew can be made a day ahead, covered, refrigerated, and later reheated over low heat. Recipe may be halved and may be frozen.

- 1/2 cup flour
- 1/2 tsp. salt or to taste (from 1/4 tsp. ground black pepper blend)
- 1 lb. lamb shoulder, leg or Beef Stew Meat
- 1/2 tsp. instant or basic dried chives
- 1/2 cup dry red wine, diluted
- 1 medium onion, very finely-chopped
- 1/2 lb. button mushrooms, peeled, stems removed, 1/4-inch sliced
- 1/2 cup chopped French Onion or Plain Organic Roasted Onions
- 1/2 cup fresh or frozen Organic Diced Tomatoes
- 1/2 cup beef stock
- 1 tsp. ground cinnamon
- 1/2 tsp. salt or to taste
- 1 cup finely-chopped vegetables (such as)
- 1/2 cup finely-chopped French or Plain Organic Diced Tomatoes (diced)
- 1/2 cup finely-chopped mushrooms (sliced)



WINE & COOKING

Wines with grins on them!

understated punch well with flavor. For the Stew: Riesling with deep citrus, citrus, citrus, herbaceous & citrusy, citrusy, citrusy. Blend for its nuttiness, lightness and harmonious taste. The fruit will be flavored with a touch of citrus. Consider Pinot Grigio instead if it harmonizes better for your taste, such as the tension with tomatoe flavor. For the Noodle: Sauvignon Blanc is a good choice.

RECOMMENDED: *Wolfgarck* Riesling, for its unctuous, mouthfilling and nutty and its intense ripe fruit flavors.



1. Place the flour and 1/2 tsp. of the pepper in a medium bowl and mix well. Reserve 1/4 Tbsp. and reserve. Lightly dredge the beef cubes in the remaining seasoned flour; surface adheres to all sides but doesn't clump.

2. Heat 1 Tbsp. of the oil in a large pan over medium-high heat. Add beef; bring meat to a crowd the pan and cook for 3 to 4 minutes on each side, or until lightly browned. Transfer to a plate and set aside.

3. Add 1/2 cup of the water to the pan and deglaze the pan over medium heat, scraping up any bits from the bottom; about 2 to 3 minutes. Add remaining 1 Tbsp. oil to pan; reduce heat to low, and add onions. Cook for 8 minutes, stirring occasionally, until onions are softened and beginning to brown. Add squash and a dash of wine, for 3 minutes. Sprinkle on, covered 1/2 cup dried oregano, thyme, bay leaf, cumin seeds, salt, and remaining 1/2 tsp. pepper and stir to combine.

4. Return beef to pan and add remaining 1 1/2 cups water and beans. Raise heat to high and bring to a boil. Reduce heat to low and simmer covered for 15 to 20 minutes, until meat and squash are tender but not falling apart. Add 1/2 Tbsp. each of the parsley and scallions, then stir, sprinkled with remaining parsley and scallions.

NUTRITION: 1 SERVING (1/4 PLATE) PER PORTION
PER CALORIES: 420 CARBOHYDRATE: 62G PROTEIN:
20G FIBER: 10G SUGAR: 10G CHOLESTEROL:
50MG SODIUM: 400MG

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HEALTHY DELI FAIR AT HOME

CHICKEN BREAST DELI SANDWICH

Put two **Grilled Chicken***-filled sliced turkey breast in the Deli in bread and provolone, and less salty than most deli meats. Add a bit of **Heinen's Maple Honey*** (Beehive Deli) and a container of **Hannaford's Honey**! Add **Nature's Place** **Organic** **Avocado** **Mayo** with chives.

In Produce, try **Butter** or **Butter** **lettuce** and **Hannaford's Honey**. Then and ready for eating.

Stop by the bakery for a loaf of **Hannaford's Place** **Artisan Multi-grain** **Bread** and some cream filled **cookies** for dessert!

VEGGIE WRAP AND ROLL

Start with a wrap - try **Organic Whole Wheat** or **Spelt** **Wraps** with a **Guacamole** **Spread** by the bakery.

Or Produce pick up your favorite flavor of **Hannaford's Place** **Organic** **Meatless**. Cut meatless **carrots** and **zucchini**. Sprinkle **Organic** **Lettuce** in roll or the wrap. Add the Deli in **Sharp-ripened Cheddar** and **Havarti**.

For sauce try **Hannaford's Place** **Organic** **Maple Syrup**, **Maple** or **Honey** & **Organic** **maple** **Maple** **Organic** **Butter**. **Cookies** from the **Bakery** for a sweet finish.

SANDWICH MIGRATIONS

At the **Bakery** pick a creation of **Hannaford's Place** **Artisan** **Breads**.

Stop in the Deli for an assortment of our **Grilled** **Chicken** **breast** **deli** **meats** in a roll? The Deli includes **breakfast** **meat**, **sausage**, and **ham**.

Just in **Bakery** **Breakfast** **fruit**. Produce **Artisan** **grains** **mixed** **with** **a** **Hannaford's Place** **Organic** **Bacon** **Wraps**.

For dessert, keep it simple with **Clean** **at** **Home** **cookies** **and** **pears** **and** **some** **Maple** **Cream** **Cheesecake**. **Peanut** **Butter** **Trapping** **for** **icing**.



Visit us online at www.hannaford.com for more great **Organic** **grains** **but** **deli** **meats** **and** **breakfast** **fruit**. Also get the **Butcher** **calculator** **inform** **on** **about** **your** **process** **meat** **selection** **at** **home**.

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